

# TAI CHI

## FOR HEALTH AND FUN

presented by Bonnie Yarbrough  
certified Tai Chi instructor

**When:** 4:30-5:30 p.m.  
Mondays, beginning April 3.

**Where:** Weber Center  
Common Room  
1257 E. Siena Heights Dr.  
Adrian, Michigan

*Enter the campus at the eastern  
driveway then follow the signs to  
the Weber Center.*

**Cost:** First session is free.  
Additional sessions are \$3  
each; registration is not  
required.

**Details:** Wear comfortable,  
loose clothing. Tennis shoes  
or socks work best.

For information, call 517-266-4000  
or email [webercenter@  
adriandominicans.org](mailto:webercenter@adriandominicans.org).



### WHAT IS TAI CHI?

Tai Chi is an ancient exercise that involves slow-paced turning and stretching. It has been shown to help improve circulation, balance and posture; increase strength and flexibility; and reduce stress. The activity is good for all ages.